



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09067, Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids

Report Date: June 29, 2017 23:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 261g
Proximates					
Water	g	69.73	--	--	182.00
Energy	kcal	114	--	--	298
Energy	kJ	477	--	--	1245
Protein	g	0.71	--	--	1.85
Total lipid (fat)	g	0.09	--	--	0.23
Ash	g	0.24	--	--	0.63
Carbohydrate, by difference	g	29.23	--	--	76.29
Fiber, total dietary	g	0.8	--	--	2.1
Minerals					
Calcium, Ca	mg	10	--	--	26
Iron, Fe	mg	1.26	--	--	3.29
Magnesium, Mg	mg	5	--	--	13
Phosphorus, P	mg	9	--	--	23
Potassium, K	mg	91	--	--	238
Sodium, Na	mg	7	--	--	18
Zinc, Zn	mg	0.06	--	--	0.16
Copper, Cu	mg	0.065	--	--	0.170
Manganese, Mn	mg	0.070	--	--	0.183
Vitamins					
Vitamin C, total ascorbic acid	mg	1.9	--	--	5.0
Thiamin	mg	0.016	--	--	0.042
Riboflavin	mg	0.038	--	--	0.099

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 261g
Niacin	mg	0.163	--	--	0.425
Pantothenic acid	mg	0.105	--	--	0.274
Vitamin B-6	mg	0.044	--	--	0.115
Folate, total	μg	7	--	--	18
Folic acid	μg	0	--	--	0
Folate, food	μg	7	--	--	18
Folate, DFE	μg	7	--	--	18
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	35	--	--	91
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	696	--	--	1817
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.021	--	--	0.055
14:0	g	0.001	--	--	0.003
16:0	g	0.015	--	--	0.039
18:0	g	0.005	--	--	0.013
Fatty acids, total monounsaturated	g	0.025	--	--	0.065
18:1 undifferentiated	g	0.025	--	--	0.065
Fatty acids, total polyunsaturated	g	0.028	--	--	0.073
18:2 undifferentiated	g	0.014	--	--	0.037
18:3 undifferentiated	g	0.014	--	--	0.037
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					